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# Halifax metro

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Your essential daily news | WEDNESDAY, FEBRUARY 3, 2016

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## HOMEGROWN

Nova Scotia is well represented with several Juno nods  
metroNEWS

## Road funding tops wishlist

CONSULTATION

### Residents weigh in using online budget allocator



**Zane  
Woodford**  
Metro | Halifax

Most people who used the municipality's online budget allocator wanted to increase budgets for road maintenance and transit, and keep current budgets for things like firefighting and policing.

During the third year for public budget consultation in Halifax Regional Municipality, almost 600 people used the online budget allocator. It gives citizens a chance to create their own budget, allocating funds to protective services, recreation, infrastructure, planning and governance.

A whopping 64 per cent of respondents said they'd increase the road maintenance budget, and 56 per cent said they'd increase the

transit budget.

During Halifax regional council's committee of the whole meeting on Tuesday, Coun. Matt Whitman noted a significant difference between what online respondents want, and what his constituents typically ask for.

"I feel like I've been listening to the wrong folks or something, because I've never bumped into an actual citizen who said they wanted budgets increased like I see here," he said.

"They don't want to spend a whole lot more money ... they want us to make do with the existing budget."

For things like firefighting, policing and solid waste, that was the case. Fifty-five and 51 per cent of respondents, respectively, wanted to maintain their current budgets.

But for certain services, seven out of 10 respondents said they'd even be willing to face a tax increase for an enhancement. Those services include transit, snow clearing, and making it easier to walk and bike around the municipality.

**64%**

Percentage of  
people who'd like  
more money for  
roads



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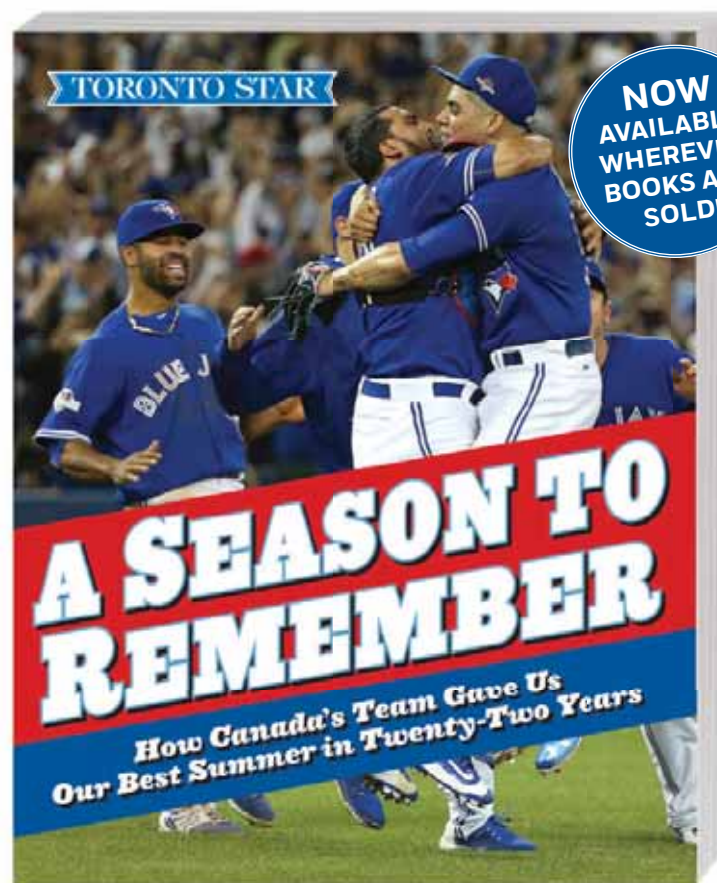
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# Breaking bread with strangers

## COMMUNITY BUILDING

### Initiative sees students invite the homeless for warm meals



**Yvette d'Entremont**  
Metro | Halifax

A grassroots initiative to share meals and conversation with the homeless in Halifax is growing more quickly than organizers expected.

Last fall, university students Matt Scott from Saint Mary's University and Brittany Harman from Dalhousie University started a monthly event they call Supper With Strangers.

The idea was to go onto the streets and ask anyone in need of a warm meal to join them for dinner and conversation. They describe it as having a meal and growing a friendship.

"They have a lot of structures where they can be fed and organizations that will give them clothes and food, but nothing gives them the feeling of community," Scott said.

Their idea was simple. Ask volunteers to bring money to help pay for a meal, break up into small groups and find those in need.

"Usually it's going to be like McDonald's or Subway. That's what they want," Scott said. "If they have too much stuff, because some have shopping carts and stuff they can't bring into the restaurant, we buy the food and eat out on the street with them like a picnic."

When they first started in September, it was just the two of them. But last month's Sup-



Halifax university students Brittany Harman and Matt Scott launched Supper With Strangers in September 2015. Since then, support has grown for their initiative and to date the event has provided an estimated 50 meals for homeless individuals on Halifax's streets. JEFF HARPER/METRO



**It's different for them to have people passing by (to) stop and have a meal with them and treat them as equals. Matt Scott**

per With Strangers attracted 30 participants, mostly university and a few high school students.

As word continues to spread, they expect that number to be even larger.

"A lot of the time doing this

work I feel very in over my head because you are dealing with things like homelessness and addiction," Harman said. "The more I do this, the more I realize that they're also in over their heads and so it's OK be-

cause it's scary for everyone."

The pair said students new to Supper With Strangers are often apprehensive and nervous. But by the end of the evening, everything changes.

"You can see the complete transformation that comes on people's faces, the smiles and stories they have, everyone is so excited and talking and sharing. It's a complete 180," Scott said.

Harman said one of the stor-

ies that touched her involved a homeless man named Donny who told the group he'd already had a meal. They discovered that although Donny had eaten, he needed to pay his phone bill because it was how he connected with his granddaughter.

"He said that made a very big difference to him because it was easier to get food, but he very rarely had people care for his quality of life," she said.

## + HELPING OUT

**The next Supper With Strangers is Feb. 27.** Students are encouraged to join by visiting [www.facebook.com/SupperWithStrangers](http://www.facebook.com/SupperWithStrangers).

The pair estimates they've already provided 50 meals on the streets of Halifax.

## EASTERN PASSAGE

### Restaurant closure blamed on red tape, 'frustrating' workers

A popular Eastern Passage eatery has shut its doors after nine years in business, citing government bureaucracy and a "frustrating new generation of workforce" among the reasons.

Chef Kim Stacey owned and operated Emma's Eatery. In a lengthy Facebook post Monday night she announced that her restaurant was permanently closed and outlined some of the reasons.

"In summary the combination of insufficient traffic throughout the year, inadequate and suffocating bureaucracy at all levels of government financially and administratively, the systematic discrimination towards and exclusion of Eastern Passage by all levels of government and local "HRM" organizations," she wrote.

Stacey further cited the cost

of serving locally-sourced food with no incentives versus the "incentive driven purchases" from corporate food suppliers as another reason for the closure. A lack of protection for commercial tenants from landlords was also highlighted.

"Not to mention the frustrating new generation of workforce who believe they are entitled to be paid dearly to customize their own sched-

ules and around their social activities and hobbies and cell phone use at the expense of the business," Stacey wrote.

"And shockingly many of whom ... by the way at ALL ages can't work because they are too "stressed out" or can't handle constructive criticism so they quit instead of learning work ethic."

After thanking her dedicated staff, suppliers and others,

Stacey said in her Facebook post that she will take some time off but is preparing for another challenge.

Stacey was one of several business owners who spoke to media about frustrations over ongoing construction on Cow Bay Road and its impact on area businesses.

Attempts to reach Kim Stacey on Tuesday were unsuccessful. YVETTE D'ENTREMONT/METRO



Emma's Eatery. FACEBOOK



## CANADA POST

## New stamp honours black Canadians



**Haley Ryan**  
Metro | Halifax

The fight of hundreds of black Canadians to join in World War I has been recognized with a new postage stamp.

Now 100 years after the No. 2 Construction Battalion was formed, Canada Post honoured the soldiers on a new stamp



Canada Post has paid tribute to the hundreds of black soldiers who joined The No. 2 Battalion. CONTRIBUTED

marking Black History Month.

The stamp was unveiled in an event at the Black Cultural Centre for Nova Scotia in Cherry Brook on Tuesday.

The stamp features archival photos of faces from the unit, and members of a forestry crew move in silhouette to represent the men felling trees in France they later used for trench walls, encampments, rail lines, roads and other uses at the front.

The No. 2 Battalion was formed in 1916 after two years of recruiting officers turning away black Canadians wanting to fight in the war.

"By persevering, they finally won the right to serve overseas, with hundreds of them joining a new, predominantly black unit," a release from Canada Post said.

Hundreds of black men joined the No. 2 with most coming from Nova Scotia, but also Ontario, New Brunswick, western Canada, Quebec and the United States.

## EMERGENCY RESPONSE

## Four arrested in double stabbing

Three men and a woman were arrested after a double stabbing in Dartmouth early Tuesday morning.

Halifax Regional Police say around 2:30 a.m., an officer walking on Primrose Street was asked by someone to help two people stabbed at a nearby residence.

That's where police say the officer found a 49-year-old man and an 18-year-old man both

injured from stab wounds.

The Emergency Response Team was called and police say three men and a female were arrested shortly later in the area of Catherine Street and Farrell Road.

The two injured men were taken to hospital with non-life-threatening injuries.

There was no word on possible charges.

METRO

## IN BRIEF

**Police misdeed ruled out**  
Halifax Regional Police have been cleared of any wrongdoing in the fall of a 25-year-old woman out of an apartment window last summer.

The province's Serious Incident Response Team says the woman fled to another apartment and locked out the officers after they realized she could be arrested for a breach of a court order.

She was later found on the ground suffering from multiple fractures, and SIRT says she acknowledged she either jumped or fell as a result of her own actions — so there are no grounds to consider charges against either officer.

THE CANADIAN PRESS

**Traffic stop leads to drug bust in Dartmouth hotel**

Three men face drug charges after a traffic stop led to a search warrant of a Dartmouth hotel room.

On Jan. 30, police conducted a traffic stop near Gottingen Street and Rainnie Drive. Police said a quantity of marijuana and a sum of Canadian currency were found inside the vehicle. The traffic stop led to the execution of a search warrant of a hotel room on Wyse Road in Dartmouth where police found a quantity of marijuana.

A 47-year-old man and a 26-year-old man, both from Edmonton, and a 26-year-old man of no fixed address all face trafficking in cannabis charges. METRO



**GROUNDHOG DAY** EARLY SPRING PREDICTED FOR HRM Shubenacadie Sam gets a close look at some of his fans after emerging from his burrow at the wildlife park in Shubenacadie on Tuesday. Sam failed to see his shadow and predicts an early spring. ANDREW VAUGHAN/THE CANADIAN PRESS

# Volunteer firefighters sought in rural Halifax

## RECRUITMENT

**Fire chief aims to double head count to meet service needs**



**Zane Woodford**  
Metro | Halifax

Halifax regional council's committee of the whole looked at ways of attracting badly needed volunteer firefighters on Tuesday, but stopped short of committing money for the coming year's budget.

Halifax Regional Fire presented its proposed 2016-17 budget to the committee on

Tuesday. Chief Doug Trussler asked for about \$275,000 less than he did last year, but also laid out two options to recruit and retain volunteer firefighters. He said he'd like to double the number of volunteers — currently at 525 — to be able to hit service standards in rural parts of HRM.

Trussler's first option is to increase volunteer honorariums, paid to volunteers based on how many calls they respond to. The second is an on-call model. Volunteers would sign up to be on call for two hours, and they'd get paid an hourly rate even if they don't get a call.

Either one of these options would cost \$1.1 million annually, but because they

**“It's always been a challenge recruiting and retaining volunteers in our rural areas, and that's not just an issue for HRM.”**

Chief Doug Trussler

wouldn't kick in until October, the budget implication for the coming year would be half of that.

Trussler said his “gut reaction” is to favour the second option, as it creates a guarantee that there would be four volunteers available to answer

a call.

He said preliminary consultations with volunteer firefighters have indicated that they would be amicable to either option, but he said there would be further consultation.

“We've looked at a number of strategies to help us recruit and retain volunteers, and obviously compensation is one of the tools that we're looking at,” Trussler said after the meeting.

Rather than commit to one of these options on Tuesday, the committee approved the \$58.3 million budget as presented, and voted to put the volunteer matter in its budget “parking lot” — a group of other budget measures to be decided on during deliberations in March.

## CEREMONY

## Tony Mancini to be sworn in as councillor

Halifax Regional Municipality's newest councillor is set to be sworn in during a special meeting of regional council on Wednesday.

Tony Mancini won a by-election held for the District 6 seat on council on Jan. 23.

The regional council agenda on the municipality's

## + TURNOUT

The final voter turnout in the district was 18.08 per cent.

website says there will be a swearing-in ceremony for

Mancini at noon on Wednesday.

Official results show Mancini won the Harbourview-Burnside-Dartmouth East race with 1,476 votes — 45.09 per cent of the vote — beating runner-up Matt Spurway by 280 votes.

ZANE WOODFORD/METRO



**Tony Mancini** HANDOUT



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## ADVOCACY

### Students propose serious investment in education

Students Nova Scotia is calling on the province to invest \$4 million into post-secondary education next year, support students of colour, and provide health insurance for international students.

On Tuesday, StudentsNS released their pre-budget submission Investing in Nova Scotia's Future, Today. It asks government to invest \$4 million in 2016-17, which would cover investments in the Nova Scotia Student Assistance Program like increasing the grant to loan ratio from 40/60 to 50/50, and increasing the weekly student assistance maximum to \$210 to match the federal limit.

They're also asking for bursaries for indigenous and African Nova Scotians, the creation of a Minister's Advisory Panel to address colonialism in the post-secondary sector, and Medical Services Insurance (MSI) coverage for international students. StudentsNS will present to MLAs and staff during their Advocacy Week, Feb. 16-18.

HALEY RYAN/METRO

# Double the Dartmouth: Locals get Juno nods

## MUSIC

### Joel Plaskett and Mo Kenney share win-win opportunity



**Haley Ryan**  
Metro | Halifax

Joel Plaskett may be up for a Juno, but he'd love it if his name wasn't called.

As the Juno Award nominations were announced Tuesday, an interesting Dartmouth connection was spotted in the adult alternative album of the year category.

Plaskett's The Park Avenue Sobriety Test and Mo Kenney's In My Dreams may be up for the award, but Plaskett joked that since he produced Kenney's record and she's featured on his album, it's a win-win.

"If Mo wins I'll be celebrating more than I would even for myself," Plaskett said Tuesday afternoon.

"I'm really proud of having worked on that record with her."

Both albums were recorded in his New Scotland Yard studio, so the Dartmouth rocker said no matter who wins they could see either Juno "in half."

Plaskett has been nominated for Junos before, and won once for his album Three.

The Park Avenue Sobriety Test takes listeners through Plaskett's styles over the years with rock, folk, pop and Celtic influences, and he's "really proud" of the finished product.

"I feel like it represents where I'm at in my life ... and I like the fact that I sound my age on the record. I'm not one to chase trends," said the 40-year-old.

For Kenney, her lunch

break in Scotland — where she's currently touring — was interrupted by a tweet from a friend letting her know she was up for her first Juno.

"I was pretty surprised," Kenney said, adding she didn't expect the nod "at all."

"It's pretty incredible. It's really exciting."

She added it's great to be alongside Plaskett in the category, her musical "mentor" who can be heard playing drums and bass on the record.

"Whoever wins is going to have to throw the party for the other person, how about that," Plaskett laughed.

The 45th Juno Awards take place in Calgary on April 3.

Other Nova Scotia nominees include Halifax artist Ria Mae in single of the year for Clothes Off alongside Drake, Justin Bieber, The Weeknd and Alessia Cara.

Country star Dean Brody is up for country album of the



**Joel Plaskett** is nominated alongside Mo Kenney in the adult alternative album of the year category. He helped her with her album *In My Dreams* by producing it and she's featured on his album. JEFF HARPER/METRO

year for Gypsy Road, as well as fan choice award. Old Man Luedecke of Chester is up for traditional roots album of the year for Domestic Eccentric, alongside Cape Breton's J.P.

Cormier.

Other Nova Scotians up for Junos are Skratz Bastid with The Afiara Quartet, Jerry Granelli Trio, and producer Henry 'Cirkut' Walter.



### SMOOTH SAILING WARM WEATHER AHEAD

A Halifax Transit ferry and a container ship entering Halifax Harbour are silhouetted against the bright sun on Tuesday. Warm weather is forecast to continue into the week with rain Wednesday night into Thursday.

JEFF HARPER / METRO

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**6 SIX@6 LAST NIGHT:**

- 6 Selena Gomez Hands To Myself
- 5 Justin Bieber Love Yourself
- 4 Beyoncé The Weeknd Might Not
- 3 Travis Scott Antidote
- 2 The Chainsmokers ft. Rozes Roses
- 1 Twenty One Pilots Stressed Out

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# Flirtatious emails were 'bait': Witness

## GHOMESHI TRIAL

### Letters sent after alleged attack emerge, stir courtroom

A woman who testified that she went to great lengths to avoid any contact with Jian Ghomeshi after he allegedly attacked her acknowledged during intense cross-examination on Tuesday that she sent him flirtatious emails long after their encounters.

In a dramatic development that set the courtroom on edge, Ghomeshi's lawyer produced two emails that appeared to contradict the woman's statements that she had been so traumatized by what happened, she'd even turn off the TV or radio when he came on.

The first email was written in January 2004, about a year after

she said he had yanked her to the floor by the hair during a "sensual" kiss in his living room and then punched her in the head. "Good to see you again! Your show is still great," it says.

She goes on to provide a website address for him to watch a video of her "when you take a break from plowing snow naked," gives her email address and phone number and asks him to get in touch.

Defence lawyer Marie Henein, known for her no-holds-barred cross-examinations, pounced.

"You're now inviting the man who traumatized you to get in touch with you?" she asked incredulously.

"The email was bait," the witness responded. "It was bait to call me so I could get an explanation as to why he would violently punch me in the head. I had no interest in him."

Six months later, she sent a second email, also shown to the court. She writes she had been watching a show of his. Attached



Jian Ghomeshi leaves a Toronto courthouse after the second day of his sexual-assault trial on Tuesday.

FRANK GUNN/THE CANADIAN PRESS

was a revealing bikini photo of her on the beach.

"I wanted him to call me," she explained. "I sent a photograph, again, as bait."

The emails were the climax of a relentless cross-examination that Henein began Monday as the lawyer poked holes in the woman's testimony and exposed inconsistencies in her various

statements to police, the media and court.

In a statement released after her testimony, the woman said going to court and facing Ghomeshi had been "extraordinarily difficult" but worth it.

The trial continues Thursday after the Crown said there had been witness scheduling issues.

THE CANADIAN PRESS

## REPORT

### Military ill-prepared for peacekeeping bid

The Trudeau government has promised to get Canada back into the peacekeeping business, but a new report from two independent think-tanks says the military is ill-prepared for the task.

The study by the Rideau Institute and the Canadian Centre for Policy Alternatives was penned by Walter Dorn, a professor at the Canadian Forces Staff College and one of Canada's leading experts in peacekeeping.

For the last decade, he says, the army has specialized in counter-insurgency warfare

because of the combat mission in Kandahar, and other skill sets — once second-nature to Canadian training — were relegated to the back burner.

Dorn says the complexities of modern peace operations require in-depth training and education, on subjects including the procedures, capabilities and limitations of the United Nations.

He says Canada is currently far behind other nations in its readiness to support the United Nations and train for modern peacekeeping.

THE CANADIAN PRESS



## IN BRIEF

### Tax agency doesn't know what information leaked

The federal revenue agency says it doesn't know what sort of taxpayer information a rogue employee improperly shared with the Canadian Security Intelligence Service (CSIS) because CSIS has wiped the files from its database.

The Canada Revenue

Agency said the employee who handed over the sensitive data — doing so even though CSIS lacked a judicial warrant — is no longer with the department.

The agency refused to disclose whether the person was fired or left voluntarily, citing privacy reasons.

THE CANADIAN PRESS



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# Clinton wins close caucus vote in Iowa

## U.S. PRESIDENTIAL RACE

### Sanders won't seek recount despite record narrow defeat

Hillary Clinton barely won the Democratic caucuses in Iowa, outpacing a surprisingly strong challenge from Bernie Sanders to claim the first victory in the 2016 race for president.

The former secretary of state, senator from New York and first lady edged past the Vermont senator in a race the Iowa Democratic Party called the closest in its caucus history.

The Iowa Democratic Party said Tuesday that it would not do any recount of the close results. Sanders spokesman Ted Devine said his campaign does not have "any plan or intention" to challenge the results, citing Sanders comments from Monday that the race appears to have ended in "a virtual tie."

Even a narrow victory for Clinton over an avowed socialist could complicate her quest for the nomination. But Clinton has deep ties throughout the



**Presidential hopefuls Bernie Sanders and Hillary Clinton** went head-to-head Monday night in Iowa's caucus vote. Clinton only defeated Sanders by a thin margin, giving her momentum before the New Hampshire vote on Feb. 9. JOHN MINCHILLO/THE ASSOCIATED PRESS; ELISE AMENDOLA/THE ASSOCIATED PRESS

party's establishment and a strong following among a more diverse electorate that will play a larger role in primary contests beyond New Hampshire, where Sanders is favoured.

Clinton, who entered the race as the heavily favoured front-runner, was hoping to banish the possibility of dual losses in Iowa and in New Hampshire. Two straight defeats could set off alarms within the party and throw into question her ability to defeat a Republican.

Sanders, for his part, was hoping to replicate President

Barack Obama's pathway to the presidency by using a victory in Iowa to catapult his passion and ideals of "democratic socialism" deep into the primaries. He raised \$20 million during January and hoped to turn an Iowa win into a fundraising bonanza.

Clinton, in New Hampshire Tuesday campaigning ahead of the state's Feb. 9 primary, said she was "so proud I am coming to New Hampshire after winning Iowa" adding, "I've won and I've lost there and it's a lot better to win."

Clinton's victory in Iowa means she will collect 23 delegates and Sen. Bernie Sanders will win 21. With her advantage in super-delegates — the party officials who can support the candidate of their choice — Clinton now has a total of 385 delegates. Sanders has 29.

It takes 2,382 delegates to win the Democratic nomination for president.

Former Maryland Gov. Martin O'Malley formally ended his quest for the Democratic Party's nomination.

THE ASSOCIATED PRESS

## HEALTH

### Zika virus sexually transmitted in Texas

A person in Texas has been infected with the Zika virus after having sex with an ill person who had returned from a country where the disease was present, Dallas County health officials said Tuesday.

It's the first case of the virus being transmitted in the U.S. during the current outbreak of Zika, which has been linked to birth defects in the Americas. Dallas County Health and Human Services said it received confirmation of the case from the U.S. Centers for Disease Control and Prevention.

Health officials did not release any details about the Texas patient, citing privacy issues. In a tweet, Dallas health officials said the first person infected had been to Venezuela, but did not detail when that person or the second person was diagnosed.

The Zika virus is usually spread through mosquito bites, but investigators have been exploring the possibility the virus also can be spread through sex.

## + VACCINE

Drugmaker Sanofi Pasteur said Tuesday it is launching an effort to research and develop a vaccine to prevent the Zika virus, after the World Health Organization declared a global emergency over its explosive spread across the Americas.

"That gives you the plausibility of spread, but the science is clear to date that Zika virus is primarily transmitted to people through the bite of an infected mosquito," Dr. Anne Schuchat of the CDC said during a recent news conference about Zika.

In the epidemic in Latin America and the Caribbean, the main villain identified so far is called *Aedes aegypti* — a species of mosquito that spreads other tropical diseases.

THE ASSOCIATED PRESS

## IN BRIEF

### Ex-district attorney testifies in Cosby sex-crime trial

The former district attorney who declined a decade ago to bring sex-crime charges against Bill Cosby testified Tuesday that his decision binds his successors and forever closes the door on prosecuting the comedian.

Former Montgomery County District Attorney Bruce Castor took the stand as part of a bid by Cosby's lawyers to get the case against the TV star thrown

out because of what they say is a non-prosecution agreement from Castor.

The current district attorney has said there is no record of any such agreement.

Cosby, 78, was arrested and charged in December with drugging and violating former Temple University athletic department employee Andrea Constand at his suburban Philadelphia mansion in 2004. He could get up to 10 years in prison if convicted. THE ASSOCIATED PRESS

# 2,382

In order to win the Democratic Party nomination for president, a candidate must collect 2,382 delegates.



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## UNITED NATIONS

### North Korea planning launch of new observation satellite

Weeks after its fourth nuclear test, North Korea announced plans Tuesday to launch an Earth observation satellite on a rocket later this month, in what critics see as a covert test of banned technology for a ballistic missile that could strike the U.S. mainland.

An official at the London-based International Maritime Organization said North Korea declared that the launch would be conducted between Feb. 8 and 25, between 7 a.m. and noon Pyongyang time. The official spoke on condition of anonymity because she hadn't been authorized to speak publicly yet.

UN deputy spokesman Farhan Haq said North Korea also informed the International Civil Aviation Organization and the

International Telecommunication Union of the planned satellite launch.

"Right now, we're carefully monitoring developments and are in close touch with the in-

**“Right now we're carefully monitoring developments.”**

Farhan Haq

terested parties and the international organizations," Haq said at UN headquarters in New York.

The declaration, which is meant to warn civilians, shipping and aircraft in the area about

the rocket and falling debris, follows North Korea's claim last month to have tested a hydrogen bomb, the country's fourth nuclear test. It will be seen as a snub by North Korea of its only major ally, China, whose representative for Korean affairs landed in Pyongyang for talks on Tuesday.

The International Telecommunication Union said North Korea also informed its Geneva office of its intention to launch a Kwangmyongsong (Bright Star)-type Earth observation satellite with a four-year operational life. But the ITU's UN representative, Gary Fowle, said not enough technical information had been supplied to register it in its Master International Frequency Register. THE ASSOCIATED PRESS





Cabbies protest against the ride-sharing service Uber during a rally Tuesday on Parliament Hill in Ottawa. THE CANADIAN PRESS

# Taxi drivers target feds

SHARING ECONOMY

## Protest against Uber comes as regulator OK's insurance



**Haley Ritchie**  
Metro|Ottawa

Taxi drivers from Toronto and Ottawa rallied Tuesday on Parliament Hill to call on the federal government to shut down ride-sharing company Uber.

"Parliament Hill is a national stage, and Uber is a national issue," said Amrik Singh, president of the Ottawa chapter of Unifor, which represents taxi drivers in the city. "The municipalities are struggling to control Uber. They just don't have the resources. That's why we want the federal government to get involved," said Singh.

Drivers who came from Toronto estimated their turnout to number around 400,

but guards on Parliament Hill said the total crowd was likely around 350 to 400 people.

Drivers and their unions say the ride-sharing company is eating into profits and not paying the same taxes and fees.

While many cities, including Ottawa, have committed to reviewing bylaws, drivers from both cities say not enough is being done.

"We believe the municipal level of government (and) the provincial level are not doing what they should be doing," said Karam Bunian, a taxi driver at Toronto's Pearson airport who bused to Ottawa.

Meanwhile, Ontario's insurance regulator has approved coverage for drivers using ride-hailing services such as Uber, even as the province's legislature has yet to decide if such services are legal. The Financial Services Commission of Ontario gave Aviva Canada the green light to offer coverage for drivers carrying paying passengers in their own vehicles.

WITH FILES FROM THE CANADIAN PRESS

U.S. CONGRESS

# Shkreli to take the Fifth in questioning

Former pharmaceutical CEO Martin Shkreli said he'd like to "berate" and "insult" Congress — but instead will take the Fifth Amendment during questioning on Thursday.

The former Turing Pharmaceuticals CEO, who's reviled for hiking the price of a life-saving drug, spoke Tuesday on Fox Business.

Shkreli said that instead of invoking his right against self-incrimination, as planned, he

would "love to talk to Congress."

He says he would "berate them" and "insult them."

Meanwhile, federal lawmakers have released excerpts from thousands of documents detailing how two drug makers hiked prices to squeeze more revenue from some life-saving medicines, a practice that has recently sparked public outrage.

The congressional review

of more than 300,000 pages from Turing Pharmaceuticals and Valeant Pharmaceuticals highlights the internal strategies the companies used to dramatically raise prices of drugs for patients with heart problems or conditions such as AIDS.

The new documents were released Tuesday ahead of a hearing Thursday to examine spikes in prices for several drugs.

THE ASSOCIATED PRESS



**Martin Shkreli** on the Fox Business Network on Tuesday. THE ASSOCIATED PRESS



## Check Your Pharmacare Premium

Seniors' Pharmacare premiums will soon be based on income level to help those in greatest need. Even with this change, most seniors will pay the same or less than they are today.

Find out your premium by using the calculator at [novascotia.ca/seniorspharmacare](http://novascotia.ca/seniorspharmacare) or call Pharmacare at: 1-800-544-6191 (Toll-Free) Monday to Friday



### market minute



**DOLLAR**

71.29¢ (-0.50¢)

**NATURAL GAS:** \$2.025 US (-12.7¢)  
**DOW JONES:** 16,153.54 (-295.64)



**TSX**  
12,442.26 (-232.11)

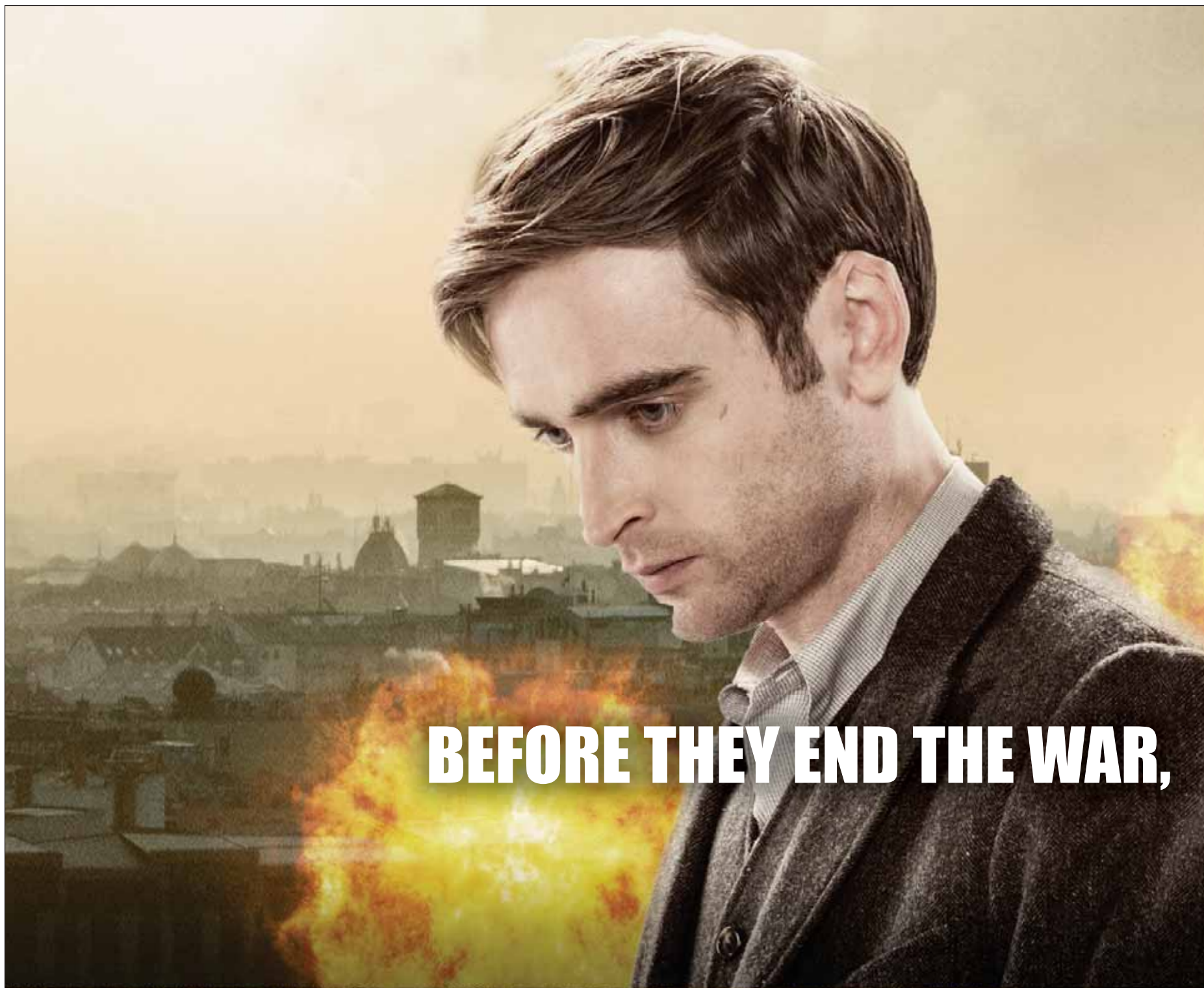


**OIL**  
\$29.88 US (-\$1.74)



**GOLD**  
\$1,127.20 (-80¢)

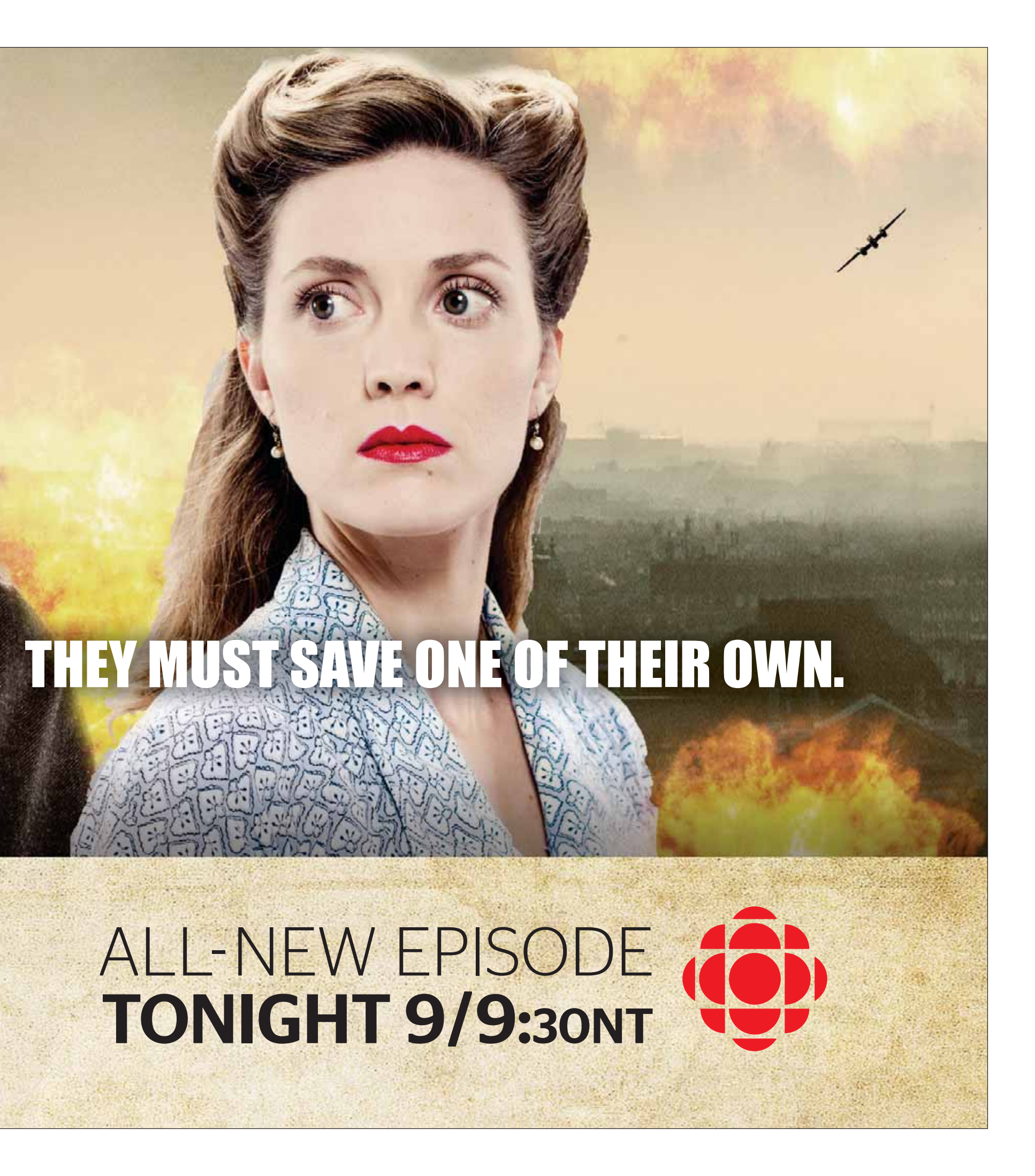




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## URBAN ETIQUETTE ELLEN VANSTONE



### THE QUESTION I feel like a lot of transit riders don't know how to behave properly. Maybe you could provide a few reminders?

Dear Ellen,  
I know you've written about transit etiquette before. But I feel a lot of riders still don't know how to behave properly. Maybe you could provide a few reminders?  
Michael, Toronto

Dear Michael,  
After a recent, bruising experience on Toronto's Spadina streetcar, I am more than happy to oblige.

It was during rush hour. The car was fully crowded, and I was stuck standing half-way down the aisle, on the circular, moving floor plate that allows extra-long streetcars to swivel around curves and corners.

Beside me was a young man wearing a gigantic pack, which he should have taken off and held in front of him, or set on the floor, as per proper transit etiquette. Instead, he kept the pack securely fastened to his back, and monopolized the only available pole while heedlessly battering everyone around him.

As his nearest target, my noggin was treated to a near-



concussive thump every time the streetcar jostled me within striking range. The impacts increased in both frequency and severity as the hinged car navigated around the roundabout at Spadina Crescent. As I repeatedly attempted a cartoonish scramble away from the vicious backpack, the moving floor plate simply flung me face-first into it over and over again. At a certain point, I was tempted to go with the flow and throw my whole weight into the backpack and attached owner. But I reminded myself that retaliating to rudeness with physical aggression would show a distinct lack of manners on my part.

So, with "remove your backpack" as rule No. 1, let's review some other points of transit etiquette:

**Turn down your music:** Even if by some bizarre chance we like the song you're playing, we don't want to listen to it bounced off your waxy ear canals via your leaky headphones.

**Don't eat anything the rest of us can smell or hear:** Discreetly nibbling raisins or a quiet muffin is one thing. Munching, slurping and crunching noisy snacks or squirty pungent sandwiches is strictly verboten.

**Respect boundaries:** Enjoy your seat if you have one. But please don't assume you're also entitled to spread your belongings or limbs across the seat beside you. Contrary to popular belief among some leg-spreaders, your knees are not allergic to each other. Seriously, knees can come well within 10 inches of each other without causing injury to any nearby organs.

**Control your hoods:** You may not realize it, but your big, fat parka hood takes up space. When you're sitting back-to-back with another rider, make sure your head gear isn't draped over the seat onto someone else's head.

**That goes for big, fat hair-dos too:** Few things are more disconcerting than feeling someone else's hair spongily

surround your own head or slip-slide down your back collar. I love to look at any kind of hairdo, but I don't want it touching me without prior consent.

**Control your groceries:** I know it might be fun to watch your bags of food repeatedly smack the head of someone sitting obliviously in a seat that, in the kind of just society where transit-etiquette refresher columns are unnecessary, would have been given up to you and your heavy burden of consumables. But it's still wrong.

**Stand up to let people get out of the seat beside you:** Don't just swing your legs a few inches to the side in a token effort to make room for a rider getting off before you. Leap to your feet and get out of the way!

There you have it: Not my first transit-rules review, nor, I fear, my last.

**Need advice?**  
**Email Ellen:**  
scene@metronews.ca

## ROSEMARY WESTWOOD

metroview

### Witness 'satisfied' with her testimony. Perhaps Ghomeshi is, too.

Marie Henein, Jian Ghomeshi's lawyer, had paced the wood-paneled courtroom for an hour.

Tuesday, as the day before, she grilled the witness about the incongruous details in her claims that Ghomeshi twice sexually assaulted her in 2002 and 2003.

The witness, whose identity is covered by a publication ban, had told media and police that she had no contact with Ghomeshi after the last alleged assault. She said she didn't even listen to Q because it "re-traumatized" her.

But didn't she testify on Monday, Henein asked, to writing him an email?

"I said I have a recollection of drafting an email in anger," the witness said.

And that turned it. Henein then revealed the most damaging evidence of her withering cross-examination.

First, an email dated January 2004, a year after the last alleged assault, sent at 3 a.m.

"hello Play>Boy," it reads, a reference to the TV show Ghomeshi had hosted. "Good to see you again!" She offers her phone number.

Then another, sent six months later around 2 a.m., with a photo of the witness in a string bikini. In court, everything needs an explanation: Why did you say one thing to one person, and something else to another? Why did you send that email? Why

did you see that man again? The explanations need to make sense. They better be rational. The burden of proof is high.

"Are you now prepared to admit that you have lied under oath?" Henein asked. "No."

The witness explained the emails were a kind of bait: "I wanted Jian to call me, so that I could ask him why did he violently punch me in the head," adding: "I remember (now), reading this."

Memories change, the witness had said, "And as you sit with them you remember more of the peripheral parts ... I didn't sit and script a story."

If she had, it would surely have contained fewer holes.

Henein called the witness's testimony "implausible ... a bikini photo to the man who traumatized you?"

Lying was the theme of the cross-examination. That's not surprising in a sexual assault trial, but the emails and the sexy photo: Those were.

Ghomeshi never called, "Did he?" Henein asked. "No," the witness said.

In a statement issued later, she said she remains "satisfied" that she came forward: "A weight has been lifted."

Inside the courtroom, one couldn't help but wonder if Ghomeshi, grim and expressionless, had a similar feeling: One down, two to go.

## HAVE YOUR SAY: RACISM



Ellen's column last week — giving advice to Ivy, a self-described racist — touched a nerve. We got dozens of emails and tweets; some supportive, others highly critical. Do you have thoughts to add? Send your feedback to scene@metronews.ca.

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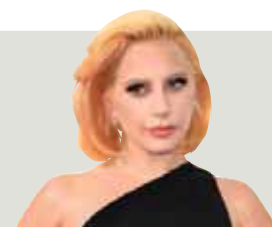
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# A month-long food makeover

## COOKBOOK

### The Whole 30 diet program doesn't allow any slipups

Liz Brown  
Metro | Canada

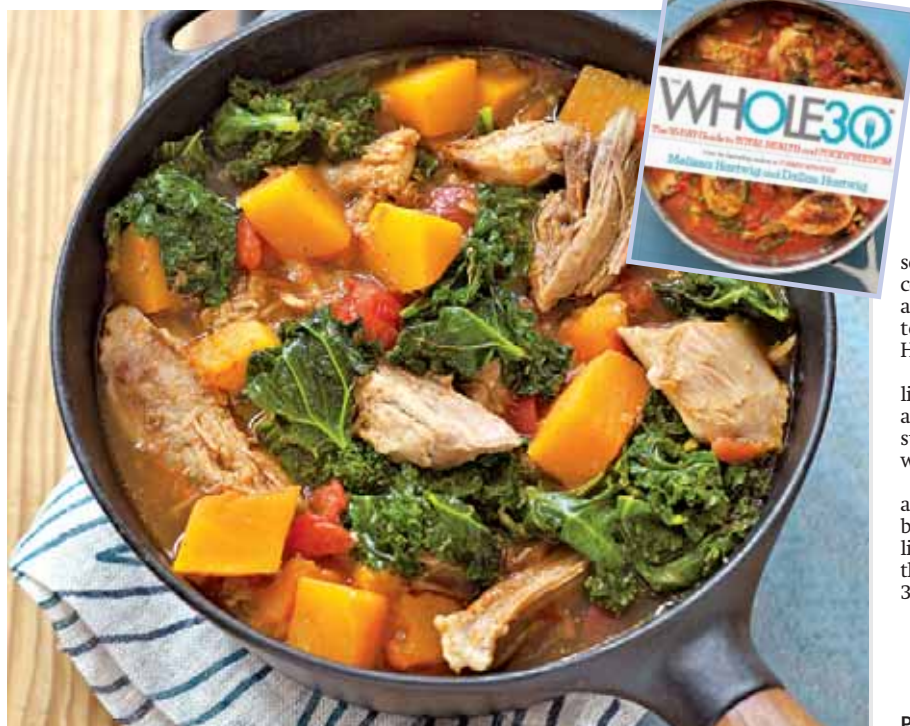


It's now February and reasonable to assume most of us have returned to wine, chocolate and cheese habits following a few weeks worth of New Year's resolutions.

But if you're willing to give your diet goals another go in 2016, you might consider the Whole 30 — a super-strict program that took social media by storm in 2015. Adherents to the eating plan used the #Whole30 hashtag over one million times last year to share recipes and moral support as they navigated a series of eating and behavioural changes outlined in the book.

It's a support network that's needed if you're to embark on the 30-day program, which allows for zero slipups and eliminates most of the consumables that bring us joy: grains, sugar, alcohol, dairy and legumes.

"According to habit research, social support and accountability are huge for people trying to make long-term changes," says Melissa Hartwig, explaining the vast online support system for The Whole 30 program, which includes forums and a blog at whole30.com. Hartwig is co-author of The Whole 30: The 30-Day



**This roasted pork shoulder with butternut squash, kale and tomatoes, serves two (with leftovers).** ALL PHOTOS: ALEXANDRA GRABLEWSKI

Guide to Total Health and Food Freedom and has no sympathy for people who say they couldn't possibly give up all of these foods for a month. "You really can't give up sugar for a month? Because if you can't, I suggest you take a look at your relationship with sugar. It's only 30 days, not the rest of your life," she says.

The idea behind the program is to eliminate foods that research

shows can be psychologically and physiologically problematic for many people — those foods that cause binging and sensitivities like bloating — and then reintroduce them slowly to see if any have adverse effects.

The idea is you'll also break bad eating habits — like reaching for that 2 o'clock cookie.

"The strictness isn't about a boot camp or a hazing," says

Hartwig. "It's more of a food experiment."

For Hartwig, it's about changing behaviours and paying attention to how different foods make you feel on both a physical and psychological level.

"If you come home from a hard day at work and immediately reach for a glass of wine, this will make you consider what else you can do to calm and self-



**The strictness isn't about a boot camp or a hazing. It's more of a food experiment.**

Whole 30 co-author Melissa Hartwig



soothe. You're developing new coping skills, which is huge for anything you want to be long-term and sustainable," says Hartwig.

The recipes in the book are delicious, easy and nutrient dense and don't include dairy, grains, sugar or legumes, for anyone with sensitivities to these foods.

I'm still wrapping my head around a month without wine, baguettes and cheese, but recipes like the one below (on p. 344 of the book) are making the Whole 30 program more appealing.

#### Roasted Pork Shoulder with Butternut Squash, Kale and Tomatoes

Prep time: 10 minutes

Cook time: 3 hours

Total time: 3 hours 10 minutes

#### Ingredients

- 2 tsp paprika
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp black pepper
- 1/2 lime, juiced
- 1 1/2 pounds pork shoulder (boneless)
- 1 butternut squash, 1-inch diced

- 1 bunch kale, stems removed, leaves chopped
- 1 cup diced tomatoes

#### Directions

**1.** Preheat oven to 300 F. Mix the paprika, chili powder, garlic powder, onion powder, salt, and pepper in a small bowl. Add the lime juice and stir. Place the pork in a Dutch oven or deep roasting pan and coat all sides of the pork with the spice mixture. Add 1 cup of water and cover tightly with a lid or aluminum foil. Cook in the oven, turning the pork shoulder in the pan every 45 minutes.

**2.** After 2 hours and 15 minutes, add the butternut squash and 1/2 cup of water to the Dutch oven or pan. Cook for 30 more minutes, then add the kale and tomatoes. Place back in the oven for 15 minutes more.

**3.** Remove the pan from the oven and leave covered until you are ready to serve. With tongs or a slotted spoon, arrange the vegetables on plates, then break the pork apart into generous chunks and place over the vegetables. Spoon the braising liquid from the pan over the pork.



## ROSE REISMAN THE SAVVY EATER

### THIS WEEK: Snacks

Bite size doesn't mean better — don't let small snacks fool you!

#### PICK THIS

### Chipotle Chicken Snack Wrap with Grilled Chicken

(Tortilla, grilled chicken, chipotle barbecue sauce, shredded Monterey Jack & light cheddar cheese, lettuce)

Calories 230

Fat 6 g

Saturated Fat 2.5 g

Sodium 540 mg



#### SKIP THIS

### The Italian McTaster

(Ciabatta bun, Junior Chicken patty, tomato, Parmesan and herb sauce, lettuce, shaved Parmesan)

Calories 370

Fat 18 g

Saturated Fat 4 g

Sodium 810 mg



#### HERE'S WHY



**Equivalent: Same amount of sodium as 6.5 small servings of New York Fries**

If you're looking for a quick snack item, McDonald's petite McTasters may seem like a small fast food indulgence. While tiny in size, with its crispy chicken and creamy cheese sauce, it packs full-sized sodium & fat. Opt for a McDonald's snack wrap, with grilled chicken and chipotle barbecue sauce — you'll get 40 per cent less sodium and calories, and three times less fat! Think of it as eating 6.5 small servings of New York Fries — that's bad news for your blood pressure!



# Did Beyoncé cross the line?

## DEBATE

## Coldplay video filmed in India shows singer in classic garb

Cultural appropriation or appreciation? That's the debate sparked by Coldplay's new music video, shot in Mumbai during the Hindu festival of Holi and featuring Beyoncé dressed in traditional clothes and jewelry, with henna on her hands.

Many accused the British band of using India as an "exotic playground" in the video for Hymn for the Weekend and reinforcing reductive stereotypes about the diverse country.

"If cultural appropriation means that a privileged group adopts the symbols and practices of a marginalized one for profit or social capital, then yes, Coldplay's video is committing cultural appropriation," Rashmee Kumar argued in The Guardian.

The depiction of Hindu practices and symbols in the video — from holy men levitating in robes to children covered in bright powders break-dancing in a slum — is through a white, western lens, Kumar wrote.

And that can "wield real power to reinforce the racial and colonial logics that undergird the way we think about non-western people, places and cultures."

Not everyone was offended by the video, however. "Beyoncé showed India in many ways and made it look beautiful and lovely. She portrayed India excellently. As an Indian, I loved it," a fan commented on Twitter.



Beyoncé dons traditional Indian clothes and jewellery in Coldplay's new music video. HANDOUT

"It's a song in the spectrum of joy, celebration and almost drunken abandon, something that no other festival but Holi symbolises for the world's masses," Kunal Anand wrote in the India Times. "The song isn't a 'real India', 'We-are-a-superpower' advertisement — this is Coldplay's own artistic interpretation. And do they make us look bad? No. This is what Mumbai's slums look like, and yet no one is looking filthy, underfed or unwell."

Coldplay even tweeted that the song reached number one on the iTunes India chart. "Thank you to the people of India for making us feel so welcome," the band wrote. But

Coldplay has been accused of reinforcing cultural stereotypes in the past: in the video for the band's song Princess of China, Rihanna dons a series of Japanese Geisha-like costumes on a set that looks distinctly Chinese. That prompted criticism that Coldplay is not only culturally insensitive, but ignorant, too. Critics also say this isn't the first time India has been used as a stereotype-filled setting for Western artists. In her video for Bounce, Iggy Azalea — who is already strongly criticized for being a white woman from Australia who raps like she's black and from Atlanta — dances in a sari at a wedding in front of a back-

drop of Indian women. Azalea also sports a gold headdress as she gyrates atop an elephant in the clip.

Coldplay and Beyoncé are slated to perform alongside Bruno Mars at the Super Bowl halftime show on Sunday, prompting questions about whether they will sing the new track.

"Here's hoping that Coldplay has decided to give their song a different visual cue, rather than trying to make the Super Bowl into a religious festival and a Bollywood extravaganza at halftime," wrote University of Pennsylvania religious and Africana studies professor Anthea Butler.

TORSTAR NEWS SERVICE

## AWARDS

## Weeknd leads with six Juno nominations

After dominating the Billboard charts for many months and landing an Oscar nomination and seven Grammy nods, the Weeknd is now being recognized on home turf with a leading six Juno Award nominations.

The internationally acclaimed Toronto native, born Abel Tesfaye, is up for best album for Beauty Behind the Madness, artist of the year, songwriter of the year and the fan choice award.

Even fellow nominees were captivated by the Weeknd's hold on the music scene at Tuesday's Junos press conference.

"The sky is the limit for him," said Mike (Beard Guy) Taylor of Walk Off the Earth, which is up for awards including group of the year and the fan choice award. "What the Weeknd is doing right now is particularly special."

Next with five nominations apiece are Justin Bieber of Stratford, Ont., and Toronto rapper Drake. Both are also up for album of the year

— Bieber for Purpose and Drake with If You're Reading This It's Too Late.

Breakout vocalist Alessia Cara of Brampton, Ont., and pop star Shawn Mendes of Pickering, Ont., each have four nominations.

Pop powerhouse Carly Rae Jepsen of Mission, B.C., who received critical kudos for her album Emotion and just made a splash in Fox's live TV production of Grease, only landed one nomination, for the fan choice award.

The key categories were noticeably weighted towards pop and hip-hop artists, which the Sheepdogs' Ryan Gullen said extends from an ongoing gravitation away from rock music in Canada. The band is up for best rock album.

"We don't make music to get nominations for awards shows," he said. "We make music because we like making music."

The Weeknd, Cara, Mendes, Bryan Adams and Dean Brody will be among the performers at the Juno Awards, which will air live from Calgary on CTV on April 3.

Other album of the year nominees include Mendes for Handwritten and francophone Jean Leloup for A Paradis City. Bieber, Drake, Mendes and the Weeknd are also nominated for artist of the year along with City and Colour.

Last year was a record-breaker for Canadian performers. Before Adele landed with Hello, the Weeknd, Bieber and Drake monopolized the top few spots on the Billboard singles chart, where Canadians rarely hit No. 1. THE CANADIAN PRESS



Abel Tesfaye. GETTY IMAGES

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## Passat gets spruced up for 2016



### REVIEW

**Light steering, quick response make for a worthy ride**

**Jil McIntosh**  
For Metro Canada



If a vehicle isn't quite ready for a complete makeover, automakers will often give it a "refresh" to spruce it up. That's what Volkswagen has done with its midsize Passat sedan, which gets a styling update and some interior tweaks.

There are some trim level changes as well. The diesel engine isn't currently offered, with no word on when or if it will return.

Instead, my tester carries a 1.8-litre turbocharged four-cylinder engine, which comes in four trim levels starting at \$23,295. While you can get a manual transmission in the base trim, everything else uses a six-speed automatic. For those who want something more powerful, a 3.6-litre V6 comes exclusively in the new, top-line Execline trim for \$38,295.

Having driven both, I find the smaller engine will be more than enough for most

drivers. You get snappy acceleration and quiet cruising, although I did feel the transmission stutter a couple of times when slowing down.

The steering is light but the car responds quickly and accurately, with easy parking-lot manoeuvrability and a solid highway feel.

The new front and rear styling is more angular. It updates nicely while maintaining an overall design that some say is too understated, but which I think is timeless: this car is going to look good 10 years from now. The interior upgrades are more subtle, with a new steering wheel and instrument cluster. The infotainment system is updated for 2016, and Volkswagen has finally added USB ports. My



**As with most German cars, the seats are very firm, but don't let first impressions turn you off them.**

only complaint is with the power mirror switch, which feels cheap and wobbly, and is awkward to use. Other controls are simple and easy, and everything is backlit at night, including the lock

and window switches.

As with most German cars, the seats are very firm, but don't let first impressions turn you off them. They're very supportive and stay very comfortable on longer drives. Rear-seat legroom is good, and the trunk is huge.

Overall, even if you can't get a diesel anymore, the Passat is worthy of consideration.

### THE CHECKLIST | 2016 VOLKSWAGEN PASSAT

#### THE BASICS

**Type.** Four-door, five-passenger midsize sedan  
**Power.** 1.8-litre turbo four-cylinder (170); 3.6-litre V6 (280)

**Transmission.** Six-speed manual or six-speed automatic

**Price.** \$23,295 (base), \$33,795 (as-tested), plus destination

#### COOL FEATURES

- Adaptive cruise control.
- Blind spot monitor with cross-traffic alert.
- Auto-dimming rearview mirror.
- Rain-sensing wipers
- Second-row USB port
- Rearview camera on all trim levels.
- Remote starter.



PASSAT PHOTOS: JIL MCINTOSH/FOR METRO; ALL OTHERS HANDOUT

#### POINTS

- The turbocharged engine takes 87-octane regular-grade gasoline and is rated at a combined city-highway 8.0 L/100 km.
- Smartphone integration with Android Auto, Apple CarPlay and MirrorLink on all trim levels.
- The new centre screen has a proximity sensor that brings up icons when your hand gets close to it, and a display with pinch and swipe ability.

#### MARKET POSITION

- VW stumbled when it cheapened some models to break into the lower-priced U.S. mass market segment. It's returning to improved interiors and more features to win back its core audience.

### THE COMPETITION



**Chevrolet Malibu**  
Base price: \$21,745



**Ford Fusion**  
Base price: \$23,249



**Toyota Camry**  
Base price: \$24,100

### BREMEN CLASSIC CAR SHOW

## Alfa Romeo celebrates its avante-garde past

Alfa Romeo is set to headline this weekend's Bremen Classic Car show, when one of its most evocative and avant-garde concepts, the Caimano, takes center stage.

Although it was built on the Alfusud platform and used the same 68hp 1.2-litre boxer engine that powered the compact production hatchback, only someone with X-ray vision would have known that the Caimano and Alfusud were from the same company, yet alone the same planet, when the concept made its debut at

the 1971 Turin motor show.

Italdesign, who created the concept were given a very simple brief — to design something that stood absolutely no chance of becoming a production reality. The company, headed up by legendary designer Giorgetto Giugiaro, duly obliged, creating the "wedge on wheels" with its sci-fi glass dome roof that slid forward to let passengers in and out and an adjustable rear spoiler that was part of the roof.

The car was cutting-edge, in the almost literal sense and ushered in the age of the wedge

design approach that defined exotic Italian production cars including the Lamborghini Countach, Lancia Stratos and the Maserati Khamsin. But Alfa Romeo was first.

In recent times, Alfa has struggled to compete with growing competition and to rediscover that automotive recipe that had made it the sort of brand that people fall in love with. Nevertheless, the company has been going through a renaissance thanks to its wonderful 4C coupe and 4C spider ultra-light sportscars. It was

getting ready to launch an entire new range of cars and to return to the U.S. market as a luxury sportscar maker, starting this year with the Giulia QV sports sedan.

However, the brakes are now being applied to the marque's ambitious plans to launch eight new models over the next two years. On Wednesday, FCA revealed that the new cars, which will include three SUVs, a direct

competitor to the BMW 5 Series, a small hatchback and two 'speciality' vehicles — i.e., focused sports models — will now take until 2020 to arrive. That said, a special celebratory edition of the 4C spider designed to

mark the iconic Ducetto Spider's 50th anniversary, is still expected to be unveiled at this year's Geneva Motor Show on March 1. AFP



ALFA ROMEO/HANDOUT





## Back in the Herd for a day

QMJHL

### Former Moosehead Fucale skates with ex-team



**Kristen  
Lipscombe**  
Metro | Halifax

A familiar face graced the Scotiabank Centre ice Tuesday afternoon for Mooseheads practice, his signature smile recognizable even under his goalie mask.

Montreal Canadiens prospect Zachary Fucale, 20, popped by the Herd's rink to see some of his former teammates, meet the newest Mooseheads, and get in some extra ice time before his new squad is back in action this weekend following all-star break.

"I thought I could spend a couple of days at home in Montreal, see the parents, and then come see the billet family here, 'cause it's a short flight to St. John's, so it was an easy one for me," Fucale said of his decision to visit Halifax where he spent 2-1/2 seasons and won a Memorial Cup in 2013.

The six-foot-one, 179-pound netminder from Rosemère, Que., finished off his QMJHL career last year with the Quebec Remparts following a mid-season trade. He's now helping man the crease for the St. John's IceCaps, the Canadiens' AHL affiliate.

"We had a good start (to) the year, and we sort of hit a little bit of a slump after Christmas," Fucale said of his IceCaps, who



**Former Mooseheads goalie Zach Fucale laced up for practice with his former team on Tuesday at the Scotiabank Centre.** JEFF HARPER/METRO

are currently fifth in the AHL's North Division at 19-17-6-3.

"But I think this all-star break is going to be good for us to recharge the batteries and ... get ready for the playoffs."

Fucale has built a 10-10-3-0 record, 3.15 goals against average and 0.902 save percentage in 26 games played for St. John's so far.

"I think it's going pretty well, but for sure I'm not satisfied," Fucale said. "I believe I can give some more and play better overall; help the team."

During his time in the Q-

league, Fucale logged a 2.73 goals against average and 0.898 save percentage in 204 regular-season games. In the playoffs, he posted a 2.57 goals against average and 0.906 save percentage in 68 games.

He also played for Canada at two world junior championships leading the red and white to a gold medal in the 2015 edition, capping it off with a 5-4 win over Russia in the final game in Toronto.

As for when he might get called up to the big league again, Fucale isn't looking too far into

the future.

Fucale, drafted 36th overall in the 2013 NHL draft, was brought up briefly earlier this season when Carey Price was sidelined due to injury. He didn't play.

"I'm not thinking about that," he said. "I just work every day, come to the rink with a good attitude ... and try to listen and soak it all in."

"I'm not thinking about that," he said. "I just work every day, come to the rink with a good attitude ... and try to listen and soak it all in."

Fucale gives the next gen-

### + JOHN SCOTT

St. John's IceCaps goaltender Zachary Fucale calls teammate John Scott "a great guy."

Although the 33-year-old forward has only played four games with St. John's so far, Fucale said Tuesday "everyone loves him in the dressing room."

Scott surprisingly stole the spotlight at the NHL all-star tournament on Sunday in Nashville after being voted as captain of the Pacific Division by fans and then claiming most valuable player honours, despite being sent AHL.

"It was great to see him live all that, especially after the article everyone read," Fucale said, referring to the story A Guy Like Me, written by the Edmonton-born Scott for The Players' Tribune. "I think the world learned a lot about him."

eration of Mooseheads similar advice.

"This team is very young, and they have a lot to learn," he said. "I hope they have ... open minds and listen to the coaches and come every day with an attitude to get better."

Before returning to St. John's for a double-header against the Utica Comets this Friday and Saturday, the grinning goaltender is enjoying his time with his old Herd. "It's really good to be back here, and especially to get out there," Fucale said.

"Lots of fun."

### IN BRIEF

#### Jays send cash to Mets for outfielder Ceciliani

Outfielder Darrell Ceciliani has been acquired by the Toronto Blue Jays from the New York Mets for cash.

The 25-year-old hit .206 with one home and five steals in 68 at-bats as a rookie last year. He batted .345 with 19 doubles, four triples, nine homers and 16



**Darrell  
Ceciliani**  
GETTY IMAGES

steals in 70 games with Triple-A Las Vegas of the Pacific Coast League.

A fourth-round selection in the 2009 amateur draft, Ceciliani was designated for assignment Jan. 27 to clear a roster spot when the Mets finalized their \$75-million, three-year contract with Yoenis Cespedes.

THE ASSOCIATED PRESS

#### Vardy's brace keeps Leicester at the top

Jamie Vardy continued his prolific season by scoring two goals — including a looping volley from 25 metres — to guide Leicester to a 2-0 win over Liverpool on Tuesday, preserving the team's three-point lead in the Premier League.

Leicester has 14 games left this campaign.

THE ASSOCIATED PRESS

#### Clippers waiting on results of Griffin inquiry

The Los Angeles Clippers will decide whether Blake Griffin joins them for the team's upcoming road trip after the NBA announces the results of its investigation of the star forward's punching of an assistant equipment manager.

Griffin broke his shooting hand in the Jan. 23 incident in Toronto between him and Matias Testi. Both men were sent back to Los Angeles, and Griffin hasn't been at Staples Center for the team's recent home games against the Lakers and Bulls.

THE ASSOCIATED PRESS



**Bruins forward Brad Marchand of Hammonds Plains chases down Leafs blue-liner Morgan Rielly on Tuesday night in Boston.** CHARLES KRUPA/THE ASSOCIATED PRESS

NHL

## Leafs come back to burn Bruins

Pierre-Alexandre Parenteau scored a power-play goal with 1:54 left in overtime and the Toronto Maple Leafs rallied to beat the Boston Bruins 4-3 on Tuesday night and end a four-game skid.

Leo Komarov and Nazem Kadri erased a two-goal deficit with consecutive goals for Toronto midway through the third period. The Leafs won for the first time since Jan. 19.

Daniel Winnik also scored for Toronto and James Reimer

TUESDAY In Boston

4	3
LEAFS	BRUINS

had 39 saves. Reimer didn't let anything in after Brad Marchand and David Krejci scored

26 seconds apart in the opening minutes of the third period. Marchand also scored in the first period. David Pastrnak add-

ed two assists for the Bruins and Tuukka Rask stopped 31 shots.

Toronto was scoreless on two power plays before getting another chance in overtime when Krejci was called for holding 1:48 in. The Leafs capitalized on the 4-on-3 advantage when Parenteau backhanded a rebound after Rask stopped a shot by Kadri.

Kadri tied the game at 3-all 11:31 into the third period, tipping in Matt Hunwick's slap shot from the blue line.

THE ASSOCIATED PRESS



# SUPER BOWL

## Newton tired of black QB issue being a talking point

Cam Newton wants any discussion of black quarterbacks in a Super Bowl put away. For good.

Newton on Tuesday emphatically tried to lay to rest any relevance of an African-American quarterback appearing in the NFL's championship game. During a series of questions by a media member that bordered on confrontational, Newton finally said to the reporter: "It's not an issue. It's an issue for you."

## Panthers told not to mess up

Before the Carolina Panthers went to California for the Super Bowl, team broadcaster Eugene Robinson had a message for the players.

Robinson was a Falcons safety in 1999 when he was arrested the night before the Super Bowl for solicitation of a prostitute. Robinson played in the game the following day, but gave up an 80-yard touchdown pass and missed a tackle on a long run as Atlanta lost 34-19 to the Denver Broncos.

"I can be a living example — don't mess this up," Robinson said of his message Tuesday.

## Gaga to sing anthem

Lady Gaga is set to sing the national anthem at the Super Bowl, the NFL told The Associated Press on Tuesday. THE ASSOCIATED PRESS

# 'A key asset' on blindside

NFL

## Oher rewards Panthers for taking a chance on him

When Cam Newton discovered the Carolina Panthers planned to make a run at signing Michael Oher last off-season, he texted the free agent offensive tackle: "I need you. I don't want you. I NEED you."

Newton had sent text messages before to potential free agent prospects — but this time he was desperate.

The Panthers weren't planning to re-sign struggling left tackle Byron Bell, and Newton needed someone to protect his blindside. He thought Oher, the main character in the popular movie by that name, would be a perfect fit.

The fifth-year quarterback turned out to be right.

Oher is having his best statistical season, and the Panthers (17-1) are the highest-scoring offense in the league and will play the Denver Broncos in the Super Bowl on Sunday.

"Yeah, it meant a lot," Oher said emphatically Monday night. "I mean, it's Cam Newton. You get a text from Cam Newton telling you that he needs you, well, you appreciate that. It's definitely something that resonated with me."

Turns out Newton had inside knowledge on Oher.

Newton's younger brother Cecil, an offensive lineman,



Tackle Michael Oher is enjoying his best statistical season, his first with the Panthers.

STREETER LECKA/GETTY IMAGES

had been teammates with Oher with the Baltimore Ravens and raved to his brother about Oher's work ethic and professionalism.

Newton bought in — and so did the Panthers.

Oher signed a two-year, \$7-million contract with Carolina, a move that wasn't particularly popular with Panthers fans considering he'd struggled in 2014 with the Tennessee

**4**  
Oher allowed just four sacks this season.

Titans and been released one year into a three-year contract.

"I got killed on that one," Panthers general manager Dave Gettleman said.

But Oher has been solid.

In fact, he's been more than solid, helping the Panthers finish second in the NFL in rushing and helping Newton achieve an MVP-type season with 45 combined touchdowns.

Oher played in 98.4 per cent of the team's snaps this season and allowed a career-low four sacks — tied for eighth-fewest in the league — and was penalized only three times for 25

## FRIENDLY FIRE

Teammates regularly tease Oher about The Blind Side — a movie Oher doesn't particularly like because he felt it portrayed him as a kid who doesn't like football.

Panthers right tackle Mike Remmers is the first to text Oher to tell him when the movie is on TV — and it seems to be on all of the time.

Remmers also regularly recites lines from the movie, drawing a roll of the eyes from Oher.

yards, according to STATS.

Those numbers were a major improvement over his final two seasons in Baltimore, when he allowed a combined 21-1/2 sacks, and last season when he allowed six sacks in 11 starts with the Titans.

"He's been a key asset to say the least," Newton said.

Panthers centre Ryan Kalil said Oher had the perfect personality to fit in on Carolina's comedic offensive line.

"Michael Oher has a great personality and an incredible work ethic," Kalil said. "You talk about trying to add talent to your football team, but you also want good character guys who will rub off on the younger guys and show guys what it means to be a pro — and Michael Oher is the epitome of that."

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metro



# RECIPE Pork Fried Noodles



PHOTO: MAYA VISNTEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

- 1 tsp salt
- 1 tsp pepper
- 1 package of noodles

## Directions

1. Marinate pork in soy sauce, corn starch, 1 Tbsp oil and sugar for 30 minutes.
2. In a large frying pan, heat remaining oil over medium heat. Add garlic and onion, lower heat and cook until translucent. Add chopped meat to pan. Cook meat thoroughly, about 5 minutes.
3. Cook noodles in boiling water according to package directions. Drain and put aside.
4. Mix carrot, bean sprouts and green beans into meat mixture. Toss and blend together then add fish and soy sauce as well as salt and pepper. Sauté until vegetables cook, about 3 to 5 minutes. Then remove from heat.
5. Toss vegetables and all its liquid with noodles and serve.

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This is one of the dishes that make you feel like it came from a restaurant rather than your own kitchen. In other words, be prepared to crave it every week.

## Ready in

Prep time: 45 minutes  
(30 minutes marinate time)  
Total time: 65 minutes

## Serves 4 to 6

## Ingredients

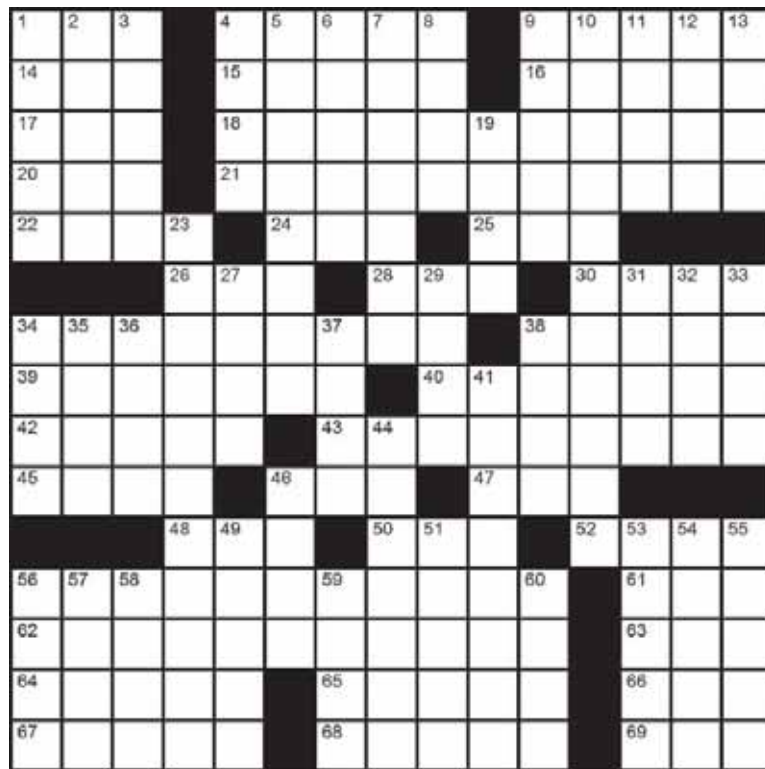
- 1 lb ground pork or chicken
- 1 Tbsp corn starch
- 2 Tbsp canola oil, divided
- 1 tsp sugar
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 carrot, grated
- 1 cup bean sprouts
- 1/2 cups chopped green beans
- 1 Tbsp soy sauce
- 1 tsp fish sauce

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Not on
4. Fictional town in Maine in Stephen King tales
9. Filing letter headings...
14. \_ shot (Seasonal needle)
15. Ms. James' of song
16. Ms. Channing
17. Weight unit, variantly
18. Weightlifter's repetitive arm exercise: 2 wds.
20. Energy unit
21. Sports... They occur in overtime: 2 wds.
22. Newbie
24. Nero's 56
25. French 'friend'
26. Director Ang
28. Wee cooking measurement
30. Sweet' \_ (Sugar substitute)
34. Dry up
38. Bright lizard
39. Versus
40. Q-tips user, say
42. 1978 hit for Canadian singer Gino Vanelli: "I Just \_ Stop"
43. Quaint bathroom sink
45. Hitch
46. Lettered car-pooling lane
47. 'Jacob' suffix
48. Harper Valley gr.
50. Bard's 'through-out'
52. Horse-hauled cart
56. Happenings



61. Alter \_
62. Michael J. Fox's wife who played his girlfriend on "Family Ties": 2 wds.
63. Evian, par exemple
64. Distance races, in slang, e.g.: wds.

65. "The Poseidon Adventure" (1972) director Ronald
66. Mr. Diesel
67. View, Bible-style
68. Composer/pianist Erik
69. Manchester, \_.

## DOWN

1. A lot
2. Plant life
3. Mushrooms
4. \_ collector
5. Online stores
6. Religious title, e.g.: 2 wds.
7. 1981: "I Love a Rainy

- Night" by Eddie \_
8. Flanders river
9. Happy as \_ (Glad)
10. Toronto-born singer/songwriter Robbie Robertson was once part of Bob Dylan's what?: 2 wds.

11. Rock's Motley \_
12. \_ Rebellion (Early-1840s insurrection in Rhode Island)
13. Building additions
19. Spring
23. Hazards in hockey: 2 wds.
27. Dame \_ Everage
29. Legis. meeting
31. Sci. rooms
32. Sacred Buddhist peak
33. Notify of danger
34. Stealing birds
35. "A Summer Place" (1959) star Richard
36. Juliette Binoche's "The English Patient" (1996) character
37. It's \_ -way street
38. Rhyming scheme
41. "What place is this?": 3 wds.
44. Anne of Green Gables setting
46. Large instrument
49. Unfaithful one's meet up
51. Splendid display
53. Actor Christopher
54. An additional time
55. "Forever \_" by Rod Stewart
56. Baseball great Mel's surnamesakes
57. First Nation of Manitoba
58. Furniture making material
59. Ages and ages
60. Dagger of yore

# ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You may feel as if you can take on the world and win, and maybe you can, but don't get over-confident or you could be in for a major let-down. Life moves in cycles. Nothing stays the same, so be ready for change.

**Taurus** April 21 - May 21  
You have a vague feeling that something is not quite right but you can't put your finger on what. Usually your instincts are spot on but this time, it seems, they have got it wrong.

**Gemini** May 22 - June 21  
You have something to say. Certain people are unlikely to welcome your words. For you the truth is sacred and you won't keep quiet just to make others feel good.

**Cancer** June 22 - July 23  
Stop wasting time and energy on activities that don't pay. Start today by turning down a social invitation that's not important. Don't worry that they won't ever invite you again — that's something to be thankful for.

**Leo** July 24 - Aug. 23  
The old always gives way to the new. Keep that thought in mind today and it will be easier to let go of something that is holding you back.

**Virgo** Aug. 24 - Sept. 23  
It may seem strange to others that you spend so much time thinking and analyzing but to you it's natural. You will be in an especially thoughtful mood today, so don't weigh yourself down with practical matters.

**Libra** Sept. 24 - Oct. 23  
There's a task that needs finishing. Get to it before time runs out this weekend. Make a special effort to tackle it today and you'll be surprised how easily things it comes together.

**Scorpio** Oct. 24 - Nov. 22  
You don't take kindly to others disagreeing with you but someone will ignore your advice and follow their own path today. Don't make an issue of it. You can say "I told you so" later!

**Sagittarius** Nov. 23 - Dec. 21  
You find it easy to accept that different people see things in different ways. That's good because one particular person has been acting strangely. Make it your business to understand them — then help them.

**Capricorn** Dec. 22 - Jan. 20  
Upheavals are likely today and there is not much you can do about them. Come the weekend you'll move into a more positive phase, one in which you can call the shots for a change.

**Aquarius** Jan. 21 - Feb. 19  
More than most you realize that change is necessary. Hold onto that positive attitude today as certain people upset the status quo. You can't change what they're doing but you can find ways to benefit from it.

**Pisces** Feb. 20 - March 20  
You can be a bit too obliging for your own good but that is not an option now. You are going to have to fight for what you desire. Throw off that "nice guy" tag once and for all.

# CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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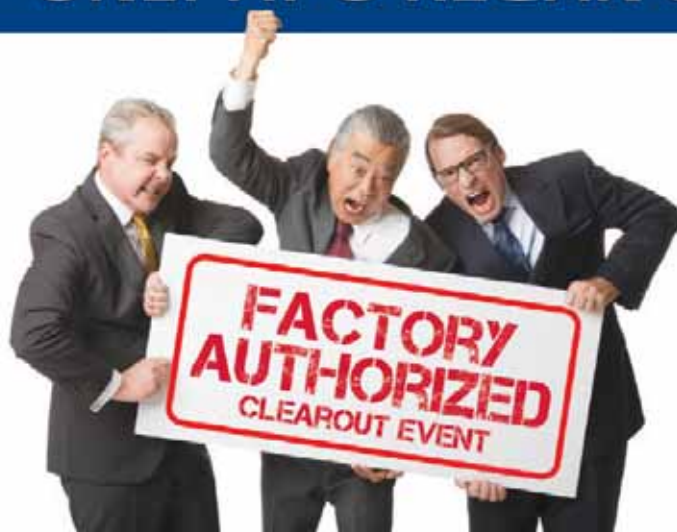
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